



## USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

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(last updated, 01-19-12)

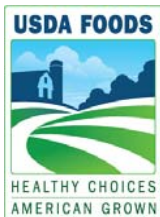
### 100351 – BEANS, FROZEN, GREEN, 30 LB

<b>CATEGORY</b>	<ul style="list-style-type: none"><li>Vegetables/Fruits</li></ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"><li>U.S. Grade B or better green beans, whole or cut (French or sliced lengthwise) style. Beans shall be Grade A for extraneous vegetable material.</li></ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"><li>30 lb case.</li></ul> <p><u>One 30 lb case AP</u></p> <ul style="list-style-type: none"><li>Cut green beans yields about 87 cups cooked, drained, cut green beans and provides about 348.0 ¼-cup servings cooked, drained vegetable.</li><li>Whole green beans yields about 80¼ cups cooked, drained, whole green beans and provides about 321.0 ¼-cup servings cooked, drained, vegetable.</li><li>French style green beans yields about 90 cups cooked, drained, French style green beans and provides about 360.0 ¼-cup servings of cooked, drained vegetable.</li></ul> <p><u>One lb AP</u></p> <ul style="list-style-type: none"><li>Cut green beans yields about 2⅞ cups cooked, drained, cut green beans and provides about 11.6 ¼-cup servings of cooked, drained vegetable.</li><li>Whole green beans yields 0.88 lb (about 2⅝ cups) cooked, drained, whole green beans and provides about 10.7 ¼-cup servings cooked, drained vegetable.</li><li>French style green beans AP yields about 3 cups cooked, drained, French style green beans and provides about 12.0 ¼-cup servings of cooked, drained vegetable.</li></ul> <p><u>CN Crediting:</u> ¼ cup cooked, drained green beans (cut, whole, or French style) provides ¼ cup vegetable.</p>

### Nutrition Information

Beans, green, cooked, drained, without salt

	¼ cup (34 g)	½ cup (68 g)
Calories	9	19
Protein	0.50 g	1.01 g
Carbohydrate	2.18 g	4.35 g
Dietary Fiber	1.0 g	2.0 g
Sugars	0.42 g	0.83 g
Total Fat	0.06 g	0.11 g
Saturated Fat	0.02 g	0.03 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.22 mg	0.44 mg
Calcium	17 mg	33 mg
Sodium	0 mg	1 mg
Magnesium	6 mg	12 mg
Potassium	54 mg	85 mg
Vitamin A	188 IU	376 IU
Vitamin A	9 RAE	19 RAE
Vitamin C	1.4 mg	2.8 mg
Vitamin E	0.01 mg	0.02 mg



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<b>STORAGE</b>	<ul style="list-style-type: none"><li>• Store unopened frozen green beans in the freezer at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Stack packages tightly to prevent temperature fluctuations. Temperature changes shorten shelf life and speed deterioration.</li><li>• Store opened thawed green beans covered and labeled in a dated nonmetallic container under refrigeration.</li><li>• Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li></ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"><li>• <b>STOCK POT OR STEAM-JACKETED KETTLE:</b> Add frozen green beans to boiling water. If desired, add 1 tsp seasoning for each 100 servings of vegetable. After water boils again, reduce temperature. Cover and simmer for 10 to 12 minutes. Drain.</li><li>• <b>STEAMER:</b> Place frozen green beans in a single layer in a steamer pan. Steam uncovered at 5 lb pressure for 10 to 12 minutes. Drain. Sprinkle and stir 1 tsp seasoning over each 100 servings of vegetable, if desired. Do not boil.</li><li>• Cook frozen green beans only until tender and crisp; they will become overcooked when held too long on a hot steam table or in a holding cabinet. Schedule cooking of frozen green beans to serve soon after cooking.</li></ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"><li>• Serve frozen green beans cooked or use in a variety of main dishes, soups, and salads. Green beans can be served in combination with other vegetables, such as whole kernel corn, red peppers, cauliflower, mushrooms, or onions.</li><li>• Add flavor to green beans with herbs and spices such as caraway, dill, or sage.</li><li>• Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.</li></ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"><li>• Do not refreeze green beans.</li></ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"><li>• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a></li></ul>

Nutrient values in this nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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